

RHKEMPIRE.COM

APR. 2020  
ISSUE 03

\$4.99  
USD

2020  
COVER  
FLYRT  
SERIES

# FLYRT

ONE  
OF  
THE  
WORLD'S  
SEXIEST  
MODELS  
GOES  
TOPLESS

Australia's  
Chloe Fewster  
returns with  
all-new  
uncensored  
photos by  
Wayne Jones!

## PLUS

A  
SNEAK  
PEEK  
OF  
THIS  
YEAR'S  
UPCOMING  
COVER  
MODELS

LOREN  
BROOKS

KATHERINE  
ROSE  
VEAYO

AUTUMN  
FELICITY











# Content

FLYRT MAGAZINE | APRIL 2020 | ISSUE 3  
www.rhkempire.com



## Editor Note

**I'm really excited about 2020!**

When I first started RHK Productions in 2009, I had no idea we would accomplish so much. We've had 5 magazine titles under our umbrella of publications and have released over 300 issues. We have featured over 1,000 of the world's top models, thanks to our dedicated staff and world-class photographers. We are becoming more involved with musical artists and other entertainers and we have no plans on slowing down. I would like to personally thank everyone who has supported RHK ... it hasn't always been easy, but the journey has been a wonderful experience. I hope this year is one of our best yet!

As always, my goal is to make RHK Productions the BEST. If there is anything we can improve, please let us know by contacting us at [submit@rhkempire.com](mailto:submit@rhkempire.com).

Have a wonderful 2020!

Best regards,  
**Alexander Deal, CEO**



**07**

## Fitness Tips

Featuring Christine Miller  
Photos by FitnessFoto80



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## Chloe Fewster

Hallett Cove,  
South Australia  
Photos by Wayne Jones



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## Sneak Peek

An exclusive look at our  
upcoming cover models











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POISON GIRL  
DIOR

Official perfume  
of the  
RED-HOT KITTENS



# 7 Things You Must Do After Every Workout



You've put in the work at the gym, but you're not done. What you do post-workout is very important if you want to maximize your workout and minimize injuries.

**Here are 7 essential things you must do:**

## 1. Rehydrate

Simply put, drink water. Drink water. Drink water. This is probably the single most important thing you can do post-workout. It enables your body to recover and replenish.

## 2. Cool Down

It's very important to get your heart rate back to normal post-workout. Popular ways to do so include light jogging, walking, and yoga. Whatever you choose, take 10-15 minutes to cool down ... your heart needs it.

## 3. Stretch

Stretching can be included in your cool down routine, but there is some benefit in focusing on this as a

separate essential item. After you cool down, a good stretch will help build flexibility and mobility by elongating your muscles. Be sure to target large muscle groups such as glutes, hamstrings, hips, and shoulders.

## 4. Protein Up

After you rehydrate and replenish, your body needs a little protein boost. Eating or drinking a protein (and fast-digesting carbohydrate) source 30-60 minutes after a workout helps your body absorb essential nutrients needed to jumpstart muscle repair. Popular choices are protein shakes, yogurt, cottage cheese, almonds, fish, and beef jerky.

## 5. Shower Time

After you've had a chance to cool off, stretch, and rehydrate, it's very important to "wash off the gym". The last thing you want to do is bring home any unwanted germs ... or smells. Shower. Lather up. Put on fresh clothes.

## 6. Track Progress

You'll never know how far you've progressed, unless you know where you started. From day one, Track your progress using a notepad. Or, if you prefer a more modern day approach, try using FitBit, smartwatches, or other apps that help track your fitness routine. Once you hit your initial goal, set more aggressive, but attainable, goals. The important thing is to track yourself so you have data to compare ... this will help you determine which areas you excel in, and which areas you need to target more aggressively.

## 7. Spoil Yourself

You'll never enjoy working out if you don't see results ... and if you don't reward yourself for your efforts. Don't be afraid to spoil yourself.

One of the best post-workout rewards is getting a massage. Other than the pure joy of having someone else massage your body, a good massage will remove lactic acid and improve muscle strength.

But don't stop there. De-stress. Relax. Watch a movie. Read a book. Don't overwork your body by adding stress to an already intense workout.







# Amateur Models

I want to do something pretty,  
but edgy, but sexy, but not  
skanky.

I don't know you,  
so I brought  
Becky and Stacy  
to make sure  
you're not a  
rapist.

Is this  
going on  
the  
*internet?*

Your studio  
doesn't look very  
nice.

Can I get my 500  
proofs  
tomorrow?

Ew, I look fat.



# Traveling Models

Hello, I am  
Svetlana. I  
travel from  
Russia to  
shoot. Enough

I have warmed  
my muscles for  
maximum  
contortion.  
We have fifty  
minutes before  
I exit ketosis  
and can no  
longer use my  
abs as cheese  
grater.



Don't forget to turn  
on fill light for left  
cheek and let's shoot  
and publish.





**Beach Glamazon**  
RHK Empire Cover Shoot 2020



## Chloe Fewster

Location: Hallet Cove, South Australia

Instagram: @cfewster.follow

Facebook: chloefewster

Jewelry: How High

Tee: Rhkempire.com

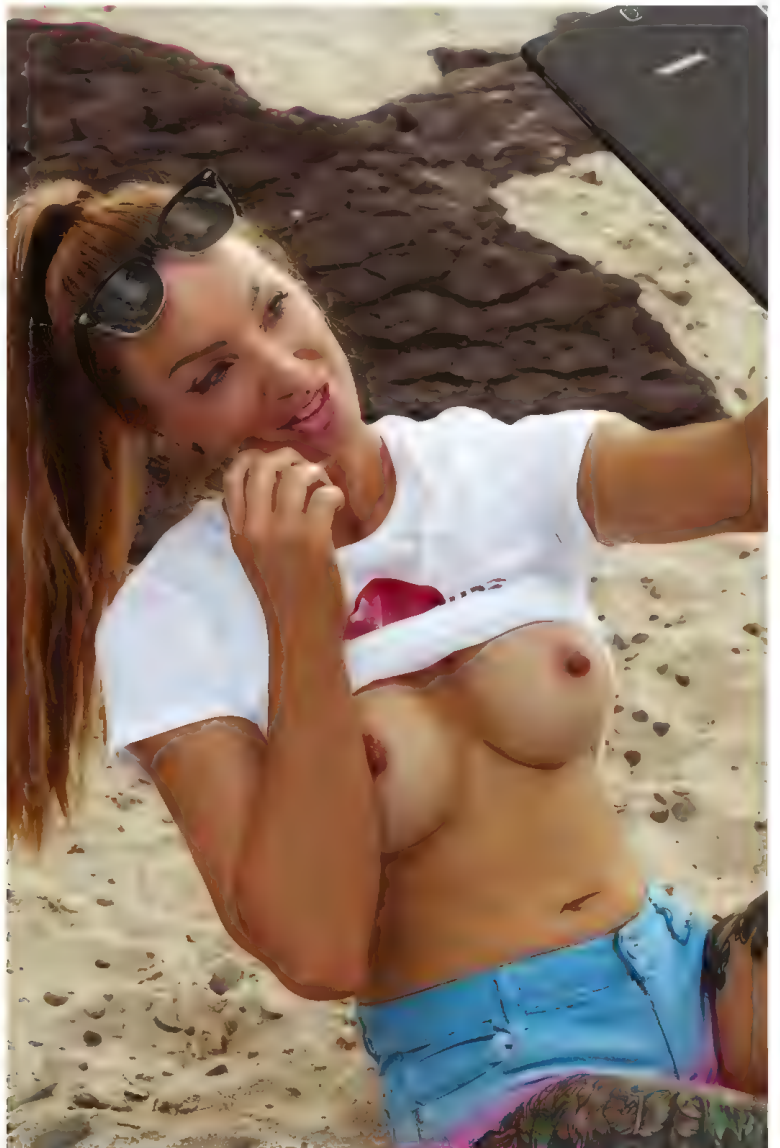
Shades: Zaful.com

Ink: Jade Cameron

Cosmetic tattoo: GS Cosmetic Tattoo,  
Medicine of Cosmetics

HMUA: Chloe Fewster

Photographer: Wayne Jones





















**Quality, proficiency, and collaborations**  
with worldwide leading industry professionals is  
what **#Tigereyesmodelsaustralia** is all about,  
presenting the freshest, most creative  
groupshoots in Australia!

Landing magazine covers, magazine features  
worldwide, new streetwear, and raising  
awareness one calendar at a time.











## SUBMIT TODAY

We accept submissions from all genres of modeling:

- Glamour
- Nude
- Fashion
- Fitness
- Runway



## Why Submit?

RHK Productions has been in business since 2009, and has a reputation for bringing you all-new photos and videos of our world-famous Red-Hot Kittens ... the world's sexiest models who have been featured in Playboy, Maxim, FHM, and other leading magazines.

While our publications are the sexiest magazines you'll find, we take pride in featuring each and every model in a tasteful, respectful fashion.

We have several quality publications which have been published monthly (or twice a month) for years without interruption. The following publications are currently available worldwide, in print and digital:

RHK Magazine – Glamour, bikini, lingerie, implied, topless (nudity allowed)

Flyrt Magazine – Fitness, glamour, implied, topless (nudity allowed)

Riche Magazine – Fashion, bikini, lingerie (no nudity)

Interested in becoming an exclusive Red-Hot Kitten model ... and enjoying the benefits of being a contracted model? Contact us at [submit@rhkempire.com](mailto:submit@rhkempire.com).



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WORLD  
A  
JOURN  
AL  
BY  
JANET  
ROSE  
AND  
AUGUST  
GRIFFIN



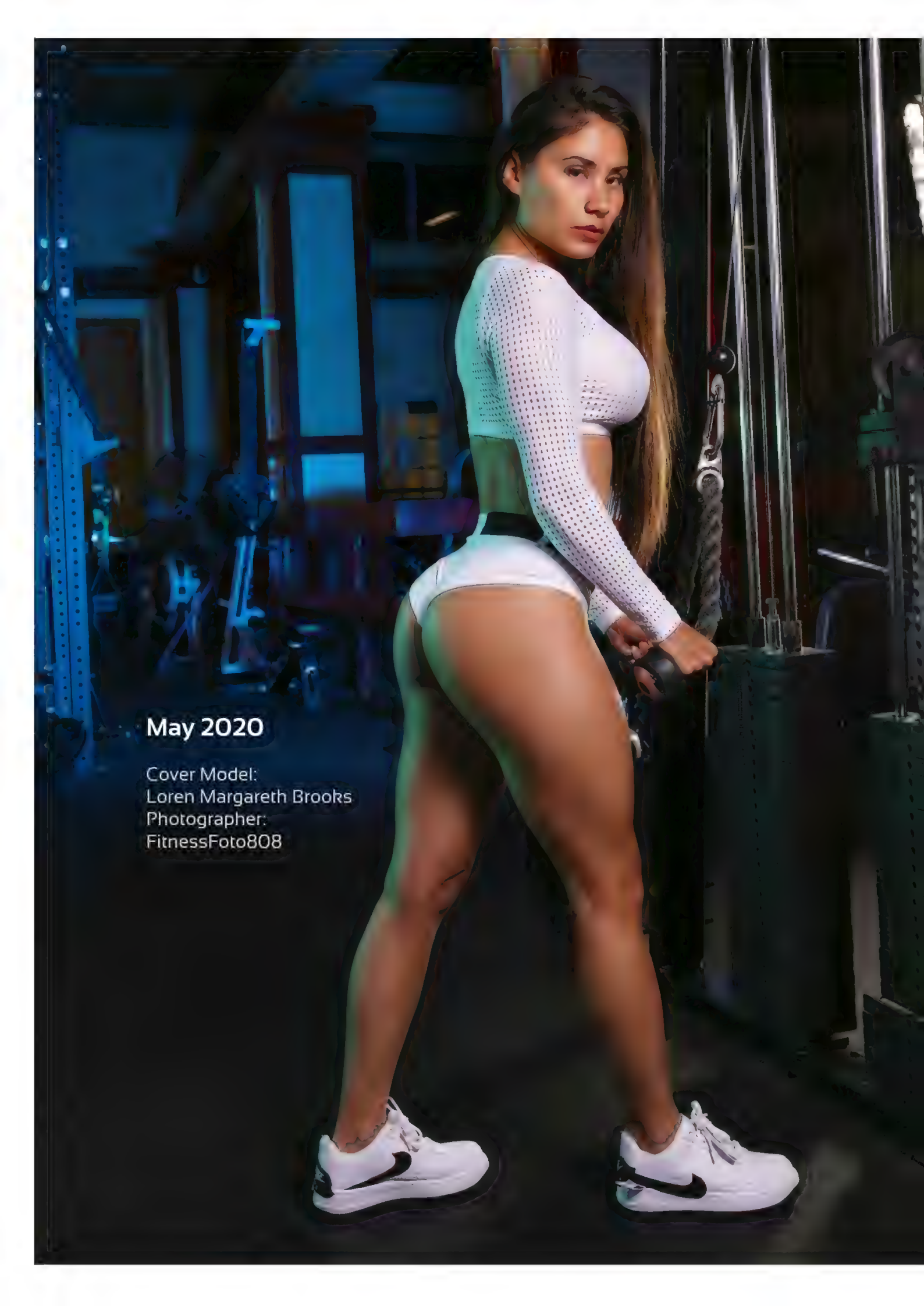
# WHO'S NEXT

An exclusive sneak peek of our  
upcoming cover models!

Mark your calendars for the  
uncensored photos.

— a model who has one of the world's sexiest bodies






**May 2020**

Cover Model:  
Loren Margareth Brooks  
Photographer:  
FitnessFoto808





**June 2020**

Cover Model:  
Katherine Rose Veayo  
Photographer:  
Rick Trottier – RJT Images  
Light Works Studio









**July 2020**

Cover Model:  
Autumn Felicity  
Photographer:  
Vino Darius Calloway







